

VOICE OF THE RESIDENTS

VOL. XVIII, NO. 8

BROADMEAD, COCKEYSVILLE, MARYLAND

APRIL, 1997

"The Year's Pleasant Ring"

by Sarah Cooper

Between the first day of spring and the first spring day, there may be a month according to one writer. At least this year, the order is good. We have had a succession of bright sunny days preceding the actual date. It has been cool, perhaps; there have been some cloudy hours and some breezy ones. March, however, did not come in like a lion. Now we have passed the equinox and look forward to an earlier than usual celebration of our woodsy Trail and the season. With any luck, we should see more of these oh, so transient wildflowers than ordinarily, in fact, a different set.

We have begun to plan for this event in which we hope Trustees, Staff, and Residents will all participate. There will be chips on the paths ensuring a good walking surface, informative lists and maps in boxes near the Focal Point, greeters, refreshment providers, and walkers. Trail Committee members will do their best to see that flowers, bushes, and trees are clearly labeled. The Summerhouse will be in use. Ridge Path, as well as Beech and Dogwood, will be at their seasonal best.

If daffodils can bloom the first week of March, why not Mayapples in April?

Ministry

The memory of a kindly word
Long, long gone by,
The fragrance of a fading flower
Sent lovingly,
The gleaming of a sudden smile
Or sudden tear,
The warmer pressure of the hand,
The tone of cheer,
The hush that means, "I cannot speak,
But I have heard!"
The note that only bears a verse
From God's own Word;
Such tiny things we hardly count
As ministry,
But when the heart is overwrought—
Oh, who can tell
The power of such tiny things
To make it well?

—Kate B. Twining

DOC IN A BOX

SARCOPENIA? — SARCOPOESIS?

What? Who, me? Well, if regular exercising has not been part of your daily routine, sarcopenia is at work on you and a firm determination is needed to have more sarcopoesis in your life. These new words mean the wasting of flesh too often seen in human aging, or the making of muscle strength that anyone can accomplish at any age.

Muscle wasting has for so long happened as one grows older that it has been accepted as a normal process. It need not be. For your best of health, it can be countered with at least a *moderate* amount of exercise, *regularly* done.

Walking and swimming, with jogging or cycling if you are able, are aerobic exercises. Regular workouts like these can strengthen bones and heart muscle, prevent osteoporosis, and help to remedy some heart diseases.

Begin by walking 40 to 60 minutes three times a week; increasing to five times each week as you tolerate the workout. Use Broadmead's perimeter road in pleasant weather or the exercise room's treadmills when the outdoors is not welcoming.

Walk with a companion. Use a cane, if you desire. Swing your arms to use more energy and strengthen upper body muscles. Slow your walk on downward slopes to relieve the stress on knee joints. Try retro walking or short periods of walking backward for a change of pace, guided by your companion. Walking is the easiest, safest, and most gentle exercise — but do it with vigor!

Swimming strengthens many muscles and is fun, a nearly perfect exercise though not very effective for weight loss. Broadmead's pool is easily available or one can join clubs with larger pools nearby, after regular workouts locally have prepared you for more vigorous exercise. Warm up with a shower before a swim, begin slowly and vary your strokes. Plan to swim 20 to 30 minutes a day, three to five times a week.

Aerobic styles of exercise are important for healthiness but muscle size and strength, keys to one's agility, are only minimally affected. Resistance training using weights is needed for this.

Physical fitness, whether maintained with wholesome habits exercises or diets, needs to be regularly practiced, a commitment that is good for a lifetime — and for your life.

Broadmead . . .

Apartment Changes . . .

Gabriele Bruck	A-12 to H-237
David Donovan	F-2 to H-241
Martha Patrick	B-6 to T-310
Robert and Marian Wingard	D-5 to S-310

In Memoriam

PAUL F. DU VIVIER
February 4, 1915 - February 27, 1997

LOUISE S. ANDREWS
October 1, 1895 - February 28, 1997

ELEANOR B. WEBB
February 21, 1921 - March 5, 1997

SATURDAY PROGRAM OFFERINGS

by Charles Hobelmann, Chairman
General Program Committee

Saturday, April 5, 7:15 p.m.

WALT HUDSON
"It's Fun to be Fooled"
A Magic Show

Saturday, April 19, 7:15 p.m.

MIDDLETON EVANS
"Maryand's Great Outdoors"

* * *

THURSDAY OPEN FORUM

by Nydia Finch

April 3 - 10:30 a.m.

Speaker: Frances H. Flanigan
Executive Director, Alliance for the
Chesapeake Bay
Topic: WHAT'S THE FUTURE OF THE BAY?

April 17 - 10:30 a.m.

Speaker: Chelsia Harold-Miller
Director of Admissions, M. S. U.
Topic: THE MISSION OF MORGAN STATE
UNIVERSITY

CONCERTS IN THE LOUNGE

Residents Association Music Committee
Judy Johnson, Chairman

Sunday, April 6, 1:45 p.m.

Grace United Methodist Church Handbell Choir

VESPERS

+

Sunday, April 20, 1997

4:30--5:00 p.m.

in the Lounge

+

The Rev. Thomas Speers, III
Dickey Memorial Presbyterian Church

FICTION - MYSTERY

Bayer, William. Pattern crimes. 1987.
Boland, John C. The margin. 1995.
Doyle, Sir Arthur Conan. The horror of +
heights. 1992.
Greenberg, Martin H. Masterpieces of mystery
and suspense. 1988.
Lee, Barbara. Death in still waters. 1995.
Ludlum, Robert. The road to Omaha. 1992.
Martini, Steven Paul. Undue influence. 1994.
Stockley, Grif. Religious conviction. 1994.



Resident Author Lynn Buck (K-10) hosting a very enjoyable and well-attended reading from her new book, "An Uncommon Tale of Five Women."

MOVIES ON TUESDAYS AT SEVEN.

by Jeanne Stephenson, *Chairman*

4/1 MRS. MINIVER 1942 134 min. ***+

Greer Garson, Walter Pidgeon, Dame May

Whitty, Teresa Wright

Although depiction of English life was decidedly Hollywoodized, this film did much to rally American support for our British allies during World War II. Winner of six Academy Awards.

4/8 BRINGING UP BABY 1938 102 min. ****

Cary Grant, Katherine Hepburn, Charles Ruggles, May Robson

Hepburn plays a madcap heiress, with a pet leopard named "Baby." She sets her sights on an absent-minded zoologist, Grant, and proceeds to make a shambles of his life. Great performances by all.

4/15 THE WEDDING BANQUET 1993 111 min.
[U.S.-Taiwanese] ***

Winston Chao, May Chin, Mitchell Lichtenstein

Gay Taiwanese-American Chao tries to fool his parents via fake wedding with unexpected complications. Top-notch comedy examines meaning of cultural identity and child-parent relationships.

4/22 ROYAL WEDDING 1951 93 min. ***

Fred Astaire, Jane Powell, Peter Lawford, Sarah Churchill

Musical by Alan Jay Lerner about brother and sister team who take their show to London at the time of Queen Elizabeth II's wedding and find romance on their own.

4/29 FIRST WIVES CLUB 1997 PG

Goldie Hawn, Bette Midler, Diane Keaton

Unceremoniously dumped by their husbands, these three friends are not going to spend the rest of their lives being bitter. Simultaneously they ruin their ex-husbands and find self-esteem.

* * *

HEALTH EDUCATION COMMITTEE

Betsey Spragins, *Chairman*

Tuesday, April 8, 10:30 a.m.

EYE CARE: What's New in Correcting Vision

Doctor C. P. Wilkinson, *Chairman*,

G. B. M. C. Ophthalmology

ADVENTURES IN LEARNING

Dorothy Clapp, *Chairman*

* * *

Archaeology of Maryland

April 2: "Underwater Archaeology in Maryland"

Dr. Susan B. M. Langley

April 9: Tour to Baltimore City Life Museums

There is no charge.

It will help if you sign on the sheet at the Bulletin Board if you plan to attend.

* * *

Novel Theology

by ELSA LUNDGREN, *Chairperson*

* * *

The Optimist's Daughter

Eudora Welty

Reviewed by The Reverend Carl Edwards

Monday, April 7 at 11 a.m. in the Auditorium

* * *

Camera Club Meeting

Friday, April 11

in Lower Lounge - 10:30

Watch Bulletin Board for details

Everyone Invited!

* * *

Let's Dance!

Big Bands of Yesteryear in Stereo

Eddie Slaughter, *Chairman*

Dances will be held on the second Monday of the month. Come to dance, or just to enjoy the music.

7:00 P.M. in the Lounge

MONDAY, APRIL 14, 1997

* * *

Let's Sing!

with HARRY JONES

OLD FAVORITES

Moved in April to Thursday, the 17th at 7:00 p.m.

Mary Lou Moon and Jim Willan at the piano

Lift your voices in song !

* * *

SPECIAL FURNITURE SALE
APRIL 18 - 7 A.M. to NOON

Maintaining Community

by Agnes Montalbano
Office Manager, Maintenance

Broadmead's fine reputation in the outside world is due in part to what is something of an inside secret about our living here: the ongoing work of the Maintenance Department.

No longer do we ex-homeowners need to seek the services of plumbers, roofers, painters, electricians, and other artisans. One call to Broadmead's Maintenance Department will bring the familiar, pleasant professional to attend your needs, even down to the changing of light bulbs. It is a great relief to be freed from the tedium of home maintenance chores, the responsibility of obtaining estimates, and of paying the bills.

Our Maintenance Department handles *ten thousand calls* each year. The staff takes pride in responding swiftly.

The Clusters and Stony Run Hall comprise 269 individual residence units including baths and kitchens with their individual appliances.

Laundry and trash rooms in each cluster are cared for by Maintenance, as is the Cluster's control of the in-house television antenna system.

On Hallowell Hall and Taylor Hall are located 88 residence rooms, each with private bath.

In the Center building, one finds the main and satellite dining rooms with their respective kitchens.

The swimming pool adjoins the hothouse; the community laundry is deep within the structure; and there the all-important boiler room furnishes heating and cooling water throughout the entire property.

Maintenance is responsible, also, for care of outbuildings, the barn, and Holly House--the latter a special concern.

The work of rehabilitating all apartments and rooms in transition between Residents falls to the Maintenance Department. This includes checking all electrical, plumbing, and heating equipment and usually results in replacing the water heater and heat pump. In 1996, 26 apartments were renovated.

Almost all preventive testing and repairing is done in-house. At times, outside contractors are needed. Currently, a roofing contractor was replacing shelters over walkways. The Maintenance Department plans and implements contract work and coordinates the tasks to harmonize with Residents' lifestyles.

Groundsmen are members of the Maintenance staff. Their work on the grounds and their contributions to beautification can be seen and appreciated all year.

But when it snows, blows, and freezes—our Groundsmen provide special service night or day to Residents who might otherwise not manage on paths and sidewalks. Special thanks to those men whose persistent efforts keep the paths open to us!

* * *

Joye Jennings

by Phyllis Tyler

Joye Jennings' good deeds are so many that almost everyone I meet wants her story told.

Among other things, she has reorganized the green-house. Pots of tulips and daffodils have appeared in nursing floor rooms and on the cart for sale. They are sold to Residents at a fraction of the price a nursery would charge. A row of multicolored geraniums lines the window ledge.

In a few weeks, the shelves will be filled with plants to set out in our gardens. Seedlings have been planted to be sold at the coming Barn Sale.

At the back of the room are Residents' plants left there for safekeeping over the winter. Who trims back the dead excess? Who sweeps up the litter? Joye Jennings! She is so good at her job – so professional – that she has been accused of making a profitable business of the green-house. "What are you going to do with all this money you're making?" "What money?" It all goes back to the green-house and the Residents Association.

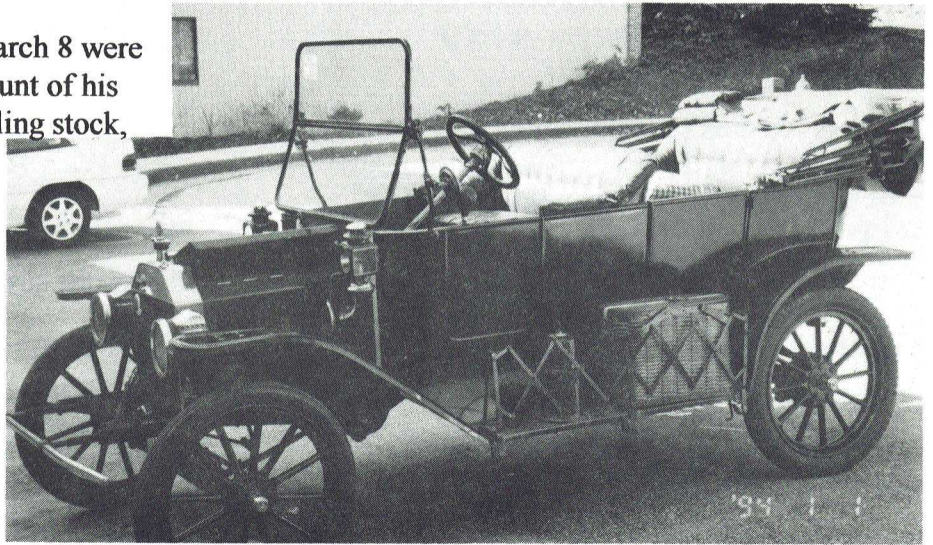
Joye insists that she has loyal, hard-working helpers, and she names them. It's an astonishing list. Not many, but quality people. "I'm just the boss," she says.

SPRING BARN SALE
APRIL 24 and 25

An Artist's Odyssey

Phil's phantastic 'phourteen Phord

Men at the Saturday Social Hour on March 8 were regaled by Phil Schnering with an account of his adventures with antique and classic rolling stock, this prime example of which he exhibited at Broadmead.



Open Forum

KALMAN HETTLEMAN
on Poverty in America

On February 27, Kalman "Buzzy" Hettleman, a lawyer and former Secretary of the Maryland State Department of Human Resources, campaign manager of Paul Sarbanes' successful initial run for the United States Senate, and once a member of the Baltimore City School Board, spoke here. He emphasized that there are many elements in the country's institutions that cause or maintain conditions of poverty. For this presentation, however, Mr. Hettleman's central theme was the failure of the country's educational system to play a useful role in alleviating poverty.

To promote exchange of ideas and participation, the speaker asked the audience to offer their views on the question, "What is wrong with public education today?" Among the many responses were the following: Lack of adequate funding especially in school systems serving poor children; overcrowded classrooms; teacher preparation that emphasizes teaching methods rather than content; the lack of standards that measure pupil achievement; a confusing array of school governance systems with school boards that fail to establish policies based on student needs but are instead driven by politics and ideological agendas; the failure (and perhaps the inability) of parents with low income to get involved with the

schools; the demonstrated incapacity of state and local governments to make a serious effort to correct inequities in money and facilities available to school systems trying to educate children of poor people.

Mr. Hettleman addressed each of these items, agreeing that all of them play some part in hindering school systems from doing an effective job. He then offered his recommendations for action:

The Federal Government must establish national standards for what schools should be doing and what students should be learning. In his opinion, state and local authorities have been pressured by politics and ideologues to the point where they avoid decisions on controversial matters. Federal law should also guarantee for each child the equality of opportunity to learn. He considered this a civil right.

A major gap in school systems is their lack of research and development in how to educate effectively for learning. This ties them to traditional curricula, even when results show that the old ways do not work.

Modern facilities; needed supplies like enough books; smaller class size; higher pay scales for city teachers so that the city can compete with suburban areas in attracting competent teachers—all of these are attributes of an educational system that can play a part in alleviating conditions of poverty in our country.

—Abe Makofsky

SPRING NATURE PROGRAMS

Enjoy our most colorful season.

WILDFLOWER WALKS

Tuesday afternoons starting at 1:00

Probably one all-day trip

Come as often as you can, since spring flowers bloom in a certain order, from early bloomers to late bloomers, and in endless varieties.



BIRD WALKS

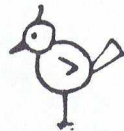
Saturday mornings starting at 8:00.

Short-notice events:

Evening Bird Song Walks

Bluebird Walks

Bird Banding: bluebirds and tree swallows



Come as often as you can for the continuous flow of migrating birds, some passing through and others remaining to nest, and reaching their peak in the first two weeks of May.

THE NATURE BULLETIN BOARD

Watch the board for schedules, individual events, information, and sign-ups. Check it for short-notice postings and just before a scheduled event, in case there are any changes.

Please continue to write your observations on the pad posted for that purpose.

INFORMATION

Wildflowers: Gail Rinehart, N-3; 771-1107

Birds: Nancy Rowe, A-4; 527-0738.

Note: Unfortunately, there seems to be no room in the Residents' spring schedule for sessions on the Identification of Birds and Bird Songs. The Bird and Nature Group, however, owns excellent video and audio tapes which you may borrow. A list is posted on the board. Please ask me. I also have a collection of audios which includes several especially enjoyable ones, recorded in unusual settings and narrated beautifully. I'd like to share them.

—Nancy Rowe

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